## **ABSTRACT**

A method and system for determining a wait time ( $t_w$ ) to be used between successive transmissions of packets of a content to achieve a selected target bandwidth  $B_T$  for the transmission. The wait time between successive packets of a content being transmitted is determined as a function of the selected target bandwidth ( $B_T$ ) to be achieved during the transmission and the size (P) of the packets based on the algorithm

$$t_w = \frac{P}{BT}$$

The invention provides bandwidth control at the source (the sending device) without relying on network Quality of Service (QoS) facilities.